



2013-2014 Culinary Arts STAR Events Menu Options

(modified 12/12/13)

Recipes provided by The Culinary Institute of America



Menu I

Wheat Berry Salad with Oranges, Cherries and Pecans
Sautéed Chicken Breast with Mushroom Sauce
Braised Zucchini
Mashed Potatoes

Menu II

Puree of Cauliflower Soup with Curry
Pan Roasted Pork Tenderloin with Whole Grain Mustard Sauce
Rice and Red Pepper Pilaf
Sautéed Cabbage

Menu III

Poached Salmon
Beurre Blanc
Roasted Potatoes
Ratatouille
Chocolate Bread Pudding with Strawberry Compote

WHEAT BERRY SALAD WITH ORANGES, CHERRIES AND PECANS

Culinary Skill Components: Simmering grain, salad composition

Yield: 2 Servings

Ingredient	Amount
Wheat berries	$\frac{3}{4}$ cup
Orange, peeled and cut into segments	1 ea
Orange juice (squeezed from remaining fruit)	1 Tbsp.
Thyme, sage, or rosemary chopped	1 tsp
Extra virgin olive oil	2 Tbsp. (plus more as needed)
Red wine vinegar	1 Tbsp
Salt	As needed
Fresh ground black pepper	As needed
Medium red onion, thinly sliced	$\frac{1}{2}$ ea
Dried cherries	$\frac{1}{4}$ cup and some for garnish
Pecans, toasted	$\frac{1}{4}$ cup and some for garnish
Radicchio, whole leaves	2 ea.

Method:

1. Place wheat berries in a medium size stock pot and cover with water. Place on the stove top and bring to a simmer. Cook approximately 20-30 minutes until tender. Drain well and reserve.
2. In a large bowl, combine the orange juice, herbs, oil, and vinegar. Whisk well to combine and season with salt and pepper.
3. Add the wheat berries, onion, $\frac{1}{4}$ cup cherries, $\frac{1}{4}$ cup pecans, and the orange segments. Toss to combine. Place into the radicchio leaves on chilled plates.
4. Garnish with additional cherries and pecans, if desired. Drizzle some extra vinaigrette on the plate for visual appeal.

SAUTÉED CHICKEN BREAST WITH MUSHROOM SAUCE

Culinary Skill Component: Sauté / Pan-sauce

Yield: 2 portions

Ingredients	Amount
Olive or Vegetable Oil	1 Tbsp.
Chicken Breast, skin and wing bone attached	2 ea.
Salt	to taste
Pepper	to taste
Shallots, minced	1 tsp.
Mushrooms, sliced (white, cremini or shiitake)	½ cup.
White wine, madeira wine, or chicken stock/broth	1 oz.
Demi-glace	4 oz.
Whole butter, diced	½ oz.
Salt	to taste
Pepper	to taste

Method:

1. Season chicken breast with salt and pepper. Sauté in a medium pan on medium high heat, skin down to render fat. Flip over to other side, reduce heat to medium and continue to cook until 165 d. internal. Remove from pan and keep warm on a clean plate.
2. Add shallots to the pan and sauté briefly for about thirty seconds then add mushrooms and increase the heat to high. Cook until mushrooms are soft and slightly browned.
3. Add wine to deglaze. Quickly add the demi-glace and bring to a simmer. Reduce the heat again to low and swirl in the butter.
4. Check the seasoning on the sauce and place the chicken breasts back in the pan to re-warm. Serve with the appropriate accompaniments.

MASHED POTATOES

Culinary Skill Component: Starch cookery

Yield: 2-3 portions

Ingredients	Amount
Potatoes, russet, 100 CT.	2 ea.
Salt	1 tsp.
Butter, cold	1 Tbsp.
Cream, hot	½ cup.
Chives, minced	1 tsp.
White pepper, ground	pinch

Method:

1. Quarter potatoes and place in cold water with salt.
2. When potatoes are cooked, pat dry, then pass through a food mill into a fresh pot.
3. On extremely low heat, add cold butter and hot cream until proper texture is achieved and potatoes are hot; stir often.
4. Fold in chives and pepper.
5. Keep warm until service.

BRAISED ZUCCHINI

Culinary Skill Component: Braised Vegetables

Yield: 2 Servings

Ingredient	Amount
Clarified butter or olive oil	1 Tbsp.
Garlic crushed	1 clove
Onions, sliced or diced	½ ea.
Zucchini, cut as desired	1 ea. medium
Tomato, chopped	¼ cup
Chicken or vegetable stock	1-2 oz.
Salt	to taste
Pepper	to taste

Method:

1. In a medium sauté pan, sauté onions and garlic until lightly caramelized and tender.
2. Add zucchini and sauté until lightly colored. Add stock and simmer until squash is almost tender, approximately 2-3 minutes.
3. Add tomato and cook for approximately two additional minutes or until all vegetables are tender.
4. Adjust seasoning as necessary.

PUREE OF CAULIFLOWER SOUP WITH CURRY

Culinary Skill Component: Puree Soup

Yield: 4 servings

Ingredient	Amount
Olive oil	1 Tbsp
Onion, diced	½ cup
Parsnip, diced	¼ cup
Celery stalk, diced	¼ cup
Fresh ginger, minced	1 Tbsp
Curry powder	2 tsp.
Garlic clove, minced	1 ea
Cauliflower, florets	1 ½ cups
Chicken or vegetable broth	1 quart
Salt	as needed
Fresh ground black pepper	as needed
Chives, sliced fine	1 Tbsp.
Orange zest, grated	1 teaspoon

Method:

1. Heat the olive oil in a soup pot over medium heat. Add the onion, parsnip, celery, ginger, curry powder and garlic. Cook, stirring frequently, until the vegetables soften and the onion is translucent, 5-6 minutes.
2. Add the broth and cauliflower. Bring the broth to a simmer and cook until the cauliflower is tender enough to mash easily with a fork, about 20 minutes.
3. Strain the soup through a sieve, reserving the liquid. Puree the solids and return them to the pot. Add enough of the reserved liquid to achieve a soup consistency. Blend well. Return to a simmer.
4. Season with the salt and pepper. Garnish with the chives and orange zest. Serve in heated bowls.

PAN ROASTED PORK TENDERLOIN WITH WHOLE GRAIN MUSTARD SAUCE

Culinary Skill Component: Pan roasting/pan sauce

Yield: 2 portions

Ingredients	Amount
Olive or Vegetable Oil	1 Tbsp.
Pork tenderloin, trimmed	10 oz.
Salt	to taste
Pepper	to taste
Shallots, minced	1 tsp.
Dry sherry, madeira wine, or chicken stock/broth	1 oz.
Whole grain mustard	2 tsp.
Demi-glacé	4 oz.
Whole butter, diced	½ oz.
Salt	to taste
Pepper	to taste

Method:

1. Season pork with salt and pepper. Sauté in a medium pan on medium high heat, until nicely browned on one side. Flip over to other side, reduce heat to medium and continue to cook until 145 d. internal. Remove from pan and keep warm on a clean plate.
2. Add shallots to the pan and sauté briefly for about thirty seconds.
3. Add wine to deglaze.
4. Add mustard and the demi-glacé and bring to a simmer. Reduce the heat again to low and swirl in the butter.
5. Check the seasoning on the sauce.
6. Slice the pork into six slices and plate accordingly. Ladle some sauce over the slices and serve with the appropriate accompaniments.

JASMINE OR BASMATI RICE AND RED PEPPER PILAF

Culinary Skill Component: Pilaf method for grain

Yield: 2-3 portions

Ingredient	Amount
Fat (butter, oil)	1 Tsp.
Onion, minced	¼ cup
Red pepper, med. diced	¼ cup
Jasmine or Basmati rice	1 cup
Chicken stock or broth	2 - 2 ½ cup
Butter	1 tsp.
Salt and pepper	TT

Method:

- 1- Heat a heavy gauge pot on medium heat and add the fat.
- 2- Sweat onion and red pepper in the fat until translucent.
- 3- Add rice; toast the rice lightly in the onion mixture.
- 4- Add stock or broth. Bring to a boil. Reduce to a very slow simmer and cook covered for approx. 20-25 minutes. Allow pot to remain at room temperature for 5 minutes.
- 5- Add butter and seasoning. Fluff with a fork and serve.

SAUTÉED SAVOY OR GREEN CABBAGE

Culinary Skill Component: Sautéed Vegetables

Yield: 2-3 portions

Ingredient	Amount
Olive or vegetable oil	2 tsp.
Onions, minced	1 Tbsp.
Savoy or green cabbage, cleaned and chiffonade	2 cups.
Chopped parsley	1 tsp.
Salt and pepper	TT

Method:

- 1- Heat oil in a small sauté pan. Add onions and sweat over moderate heat; cook until transparent.
- 2- Add cabbage and cook until tender, approximately 7-10 minutes.
- 3- Finish with parsley and seasoning.

Poached Salmon

Culinary Skill Component: Deep poach

Yield: 2 portions

Ingredient	Amount
Fresh salmon filet, skin off,	10 oz.
Salt and pepper	TT
Water	16 oz.
Champagne vinegar	1 Tbsp.
Lemon juice	½ tsp.
Salt	1 tsp.
Parsley stems	2 ea.
Onion, small diced	1 Tbsp.
Carrots, small diced	1 Tbsp.

Method

1. Portion the salmon into 2 evenly size pieces. Season and refrigerate until ready to poach, or 30 minutes.
2. Combine all of the other ingredients in a medium size sautoir and simmer for 15 minutes.
3. Reduce heat, and maintain a 170 d. temperature. Add the salmon to the liquid and increase the heat slightly. Do not allow the liquid temperature to rise above 180 d. or cool beyond 165d.
4. Poach salmon until firm, approximately 5-8 minutes.
5. Remove salmon carefully with a slotted spatula and blot excess liquid with a towel. Plate accordingly and serve with the appropriate sauce and accompaniments.

Beurre Blanc

Culinary Skill Component: Warm emulsion sauce

Yield: 6 oz.

Ingredient	Amount
Shallots, minced	1 Tbsp.
White Wine, or water	2 oz.
Champagne or white wine vinegar	2 oz.
Peppercorns, black	½ tsp.
Bay leaf	1 ea.
Parsley stems	1 ea.
Heavy cream	2 oz.
Unsalted butter, diced and chilled	4 oz.
Lemon Juice	½ tsp.
Salt	TT

Method:

- 1- Reduce, shallots, wine, vinegar, peppercorns, bay leaf and parsley stems until only a tablespoon remains.
- 2- Add cream and reduce slightly
- 3- Put on low heat and whip in butter slowly. Season with lemon juice, salt and strain. Keep warm until needed.

ROASTED POTATOES

Culinary Skill Component: Roasting vegetables

Yield: 2 portions

Ingredient	Amount
Yellow, red or fingerling potatoes	8 oz.
Olive oil	1 oz.
Parsley, chopped	1 tsp.
Rosemary, chopped	1 tsp.
Salt and pepper	as needed

Method

1. Pre-heat oven to 425 d.
2. Cut the potatoes into an appropriate size based on the size and shape.
3. Place in a small mixing bowl and toss with the oil, rosemary salt and pepper.
4. Place a small roasting pan into the oven and heat for 5-8 minute.
5. Place potatoes in the pan and return to the oven quickly as to not cool the pan too much.
6. Roast for approximately 12-15 minutes and then carefully turn over with a spatula to brown evenly. Cook for approximately 8-10 additional minutes or until tender.
7. Toss with the parsley and serve immediately

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Olive oil	1 oz.
Parsley, chopped	1 tsp.
Rosemary, chopped	1 tsp.
Salt and pepper	as needed

Method

1. Cut the potatoes into an appropriate size based on the size and shape.
2. Place in a small mixing bowl and toss with the oil, rosemary salt and pepper.
3. Heat a small sauté pan on medium-high heat.
4. Place potatoes in the pan and cook until lightly browned on one side. Reduce heat to medium and turn the potatoes to brown all surfaces equally.
5. Cook for approximately 12-15 minutes and check for tenderness. If the potatoes are still hard in the center. Lower the flame, cover the pan loosely with aluminum foil and continue to cook for a few additional minutes until a skewer or paring knife slides through easily.
6. Toss with the parsley and serve immediately

**THIS RECIPE HAS BEEN MODIFIED FOR USE IN COMPETITION FACILITIES
WITHOUT AN OVEN.**

RATATOUILLE

Culinary Skill Components: sweating vegetables, vegetable stew

Yield: 2-3 Servings

Ingredient	Amount
Olive oil	1 Tbsp.
Onions, med. diced	¼ ea. (Medium size)
Garlic, chopped	½ clove
Red Peppers, medium dice	½ ea
Yellow peppers, medium dice	½ ea.
Eggplant, medium dice	½ cup
Zucchini, washed, medium dice	½ cup
Tomatoes, fresh, deseeded and chopped	1 ea.
Thyme, fresh	½ tsp.
Basil, fresh	½ tsp.
Oregano, fresh	½ tsp.
Salt and fresh black pepper	To taste

Method:

1. Sweat the onions, garlic, and peppers in the olive oil using a medium sized deep sauté pan for 4-7 minutes or until fairly soft.
2. Add eggplant and zucchini and continue to cook until those vegetables are tender as well; approximately 8-10 minutes
3. Add tomatoes and bring to a simmer. Cook for an additional 5-10 minutes to marry all of the flavors.
4. Add herbs and seasoning and serve or cool for later use.

CHOCOLATE BREAD PUDDING W/ STRAWBERRY COMPOTE

Culinary Skill Components: Cooked custard, compote

Yield: 2-3 portions

Ingredient	Amount
White bread croutons, small dice	3 slices
Half and half	1 cup
Sugar	1 Tbsp.
Salt	pinch
Eggs	2 ea.
Chocolate, semi-sweet, chips or chopped	½ cup
Strawberries; halved or quartered	1 cup.
Sugar	1 tbsp.
Cream	4 oz.
Sugar	1½ tsp.
Brandy (optional)	1 tbsp.

Method:

1. Pre-heat oven to 350 d. Place the croutons on a baking sheet and bake until lightly browned.
3. Heat the half and half in a small pot until warm. Add the sugar and salt and mix to dissolve. Do not overheat. Add the eggs and combine well.
4. Mix the bread and chocolate together and place in ramekins. Do not pack down but fill completely.
5. Pour over the custard and allow the bread mixture to absorb the custard for ten minutes before baking.
6. Place the strawberries, 1 tbsp. sugar and brandy in a small pot and cook gently until the strawberries are soft and the liquid has reduced by half; approximately 10 minutes.
7. Place the bread puddings in a hot water bath and return to the oven for approximately 20-25 minutes or until set. Let cool for 3-4 minutes.
8. Whip cream with 1 ½ tsp. sugar.
9. Slide the cooled puddings out of the ramekins and plate. Garnish with strawberry compote and whipped cream.

THIS RECIPE DOES NOT HAVE A MODIFICATION FOR USE IN COMPETITION FACILITIES WITHOUT AN OVEN. STATE FCCLA ASSOCIATIONS MAY OMIT THIS RECIPE, IF NEEDED, OR MAY PROVIDE A REPLACEMENT RECIPE. A MINIMUM OF THREE FOOD PRODUCTS IS REQUIRED FOR THIS EVENT.

PLEASE CONTACT YOUR STATE ADVISER FOR ADDITIONAL INFORMATION IF YOUR STATE IS ONE THAT DOES NOT UTILIZE OVENS IN COMPETITION.

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Recipes provided by The Culinary Institute of America